SPA DAY STEAL
AT-HOME FACE AND BODY TREATMENTS FOR THRIFTY LADIES {page 12}

SMOKE'S POUTINERIE IS HERE
HOW DO YOU LIKE YOURS? {page 11}

REMAKING IT
POOH BEAR MAKES A COMEBACK SCENE {page 8}

WINNIPEG
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Tuesday, July 12, 2011
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News worth sharing.

Survival. Guide

▶ Veteran Fringe Festival attendee Ken Gordon has already marked off the first shows he's eager to see when the annual theatre festival opens tomorrow. See Metro Winnipeg's tips on frequent fringing and fashion on page 3.

JAMES TURNER/METRO

Fringe Festival getting into gear

Mom's fight could change victim laws

- The act, not age should trigger crime compensation: Judge
- Mom one step closer to getting money for her daughter

JAMES TURNER
@METRONEWS.CA

A Manitoba mother's long quest to get compensation for her daughter after her front teeth were shattered by a slingshot-toting eight-year-old boy has been given a lift that may cause the province to clarify laws governing the treatment of crime victims.

The Long Plain First Nation mom, 45, has been repeatedly denied her claims for cash to pay the young woman's dental bills under Manitoba's Victim's Bill of Rights because the boy's age prevented him from being charged with a crime under the Criminal Code.

Because a person under 12 shot the young woman (she was 15 at the time), Manitoba Justice and an appeals commission each ruled she was ineligible for compensation.

But Court of Queen's Bench Justice John Menzies has ruled it was the fact she was shot at — and not the boy's age or whether he can be charged — that should really matter.

"Despite the exemption of criminal responsibility for someone under the age of 12, the act or omission committed remains an offence," Menzies wrote in a seven-page ruling.

He's asked the appeals commission to reconsider the mother's case, which may result in the province having to update its laws — and trigger a cheque being made out to the mom, who says her daughter was left "traumatized" by the July 2004 incident.

Three dental surgeons have filed letters with the court describing the devastating toll the slingshot shooting had on the girl. The cost of replacing the teeth is in the thousands and does not include emergency surgery and travel expenses.

"Just because the young offender could not be charged does not make this act of violence and aggression less of a crime," the mom wrote in a letter to the appeals commission.

"Young offenders under the age of 12 years steal cars and commit many other crimes every day.... Just because they cannot be charged does not make their crime any less criminal," she said.

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How to navigate Big Top Fringe without collapsing

It can be a lot of work cramming in as much hot thespian action as possible over 10 days

JAMES TURNER
@METRONEWS.CA

Metro Winnipeg checked in with a couple of self-professed frequent fringers to get advice and tips on how best to survive — and thrive — during the 10-day event.

Ken Gordon, 43

Background: Bitten by the Fringe bug in 1989, Gordon's heaviest year was in 2004, when he managed to take in 80 shows.

His tips:

Buy a program: See the shows most likely to sell out early on in the 10-day event.

Talk to people: Ask other fringers (and performers) about what they've seen and stay on top of the word-of-mouth buzz.

Don't put too much stock in reviews: Make up your own mind about what's worth your time.

Scout ahead: Gordon says he and a friend in Ottawa (their Fringe runs in mid-June) talk about what was hot in that city.

Danielle Carriere, 48

Background: Like Gordon, Carriere began frequent-fringing in the '89-'90 period, and soon became a festival volunteer.

Her tips:

Read the program: Make careful notes of the shows you want to see and mark them out on a calendar.

Dress for the weather: Line-ups can get long, so bring water and bring a hat

Ignore star ratings in the media: "Sometimes the golden ones you want to find aren't featured," she says.

Festival-going in true Fringe fashion

Street shopping is a must for Fringe fashionistas and theatre-goers who are just browsing between shows. Jill Munro is pulling up in her Lune Vintage 1976 trailer full of '60s and '70s bohemian vintage for this year's Big Top Fringe Festival.

So, whether Fringers are out to shop or out all day, here are some essential items to pack and pick up.

CRYSTAL LADERAS

Totally stylin'

- Buskers welcome any extra change. Be sure to pack a tin for the bin for Winnipeg Harvest.

CONTRIBUTED

Big slouchy bag
A big slouchy bag to carry bottled water and merchandise and those valuable Fringe Festival programs.

CONTRIBUTED

Coverup or shawl
"A lot of the venues will be air-conditioned, and bringing a little coverup or shawl is a good idea," said Munro.

CONTRIBUTED

Breezy boho pieces
Munro describes her vintage boho pieces as "breezy, comfortable, but still eye-catching," an easy choice for mid-July weather.

CONTRIBUTED

Vintage sunglasses
Deadstock Foster Grant sunglasses from the '60s and '70s give you shade where there is none.

CONTRIBUTED

Money, honey
Not all vendors accept debit or credit cards. Bring cash or stock up at the Winnipeg Police Credit Union on William Avenue.

Your votes for best biter repellent

CER'8 Mosquito Patch
"The Mosquito Patch is amazing! It is a little sticker that you pop onto your skin, shirt, stroller etc. It is safe for all ages and the best part is it contains no DEET.... There is no messy residue.... Love this product!" — *Katie D.*

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1 news

Science seeks to salve the sting of summer sunburns. Scan code for story.

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On the web at metronews.ca

Investment advisor Allan Small explores the impact of dismal U.S. job numbers on Canadian investors at metronews.ca/investing

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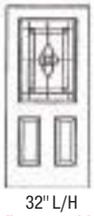
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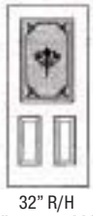
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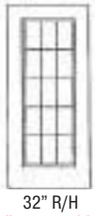
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Blaikie to retire from politics

Daughter Rebecca says she will not run in father's former riding ◆ She narrowly lost in federal election

CRYSTAL LADERAS
WINNIPEG@METRONEWS.CA

Elmwood MLA and Minister of Conservation Bill Blaikie will not be running for re-election in the October provincial vote.

"I am honoured to have served the people in Elmwood and it has been a privilege to work with Greg Selinger," said Blaikie in a release. "As for me, after 32 years of elected political life I'm looking forward to pursuing other interests."

Blaikie said he only recently made the decision to retire from politics but that he will stay on as conservation minister until the October election.

ELISHA DACEY/METRO FILE

▶ Bill Blaikie

In the past year, the minister participated in the development of five new provincial parks in Manitoba. He also made efforts with the NDP government to protect the boreal forests on the east side of Lake Winnipeg, and introduced a strategy to save the lake using municipal wastewater management, pollutant reduction and wetlands restoration.

Blaikie was first elected to the House of Commons in 1979, representing a Winnipeg riding.

At one point, he was the longest-serving member of Parliament and served as deputy speaker.

Blaikie left Ottawa in 2008, won a seat in the Manitoba legislature the following year and was named the province's minister of conservation.

WITH FILES FROM THE CANADIAN PRESS

2 arrested in multiple stabbings

Police arrested two suspects allegedly involved in stabbings early Sunday.

A 40-year-old woman and 25-year-old man were arguing when police said the woman stabbed the male victim. The male victim then stabbed a second 26-year-old male and tried to stab another 20-year old man, say police.

Phillip Stranger, 25, was charged with aggravated assault and assault with a weapon. Julia Hunter, 40, is charged with assault.

METRO

Teen charged in sex assault

A 17-year-old male is facing sexual-assault charges along with seven other charges relating to a break-and-enter that took place on Saturday.

The canine unit helped police locate the suspect.

METRO

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Statehood vote just PR: Baird

Says Palestinian state must be result of negotiations

Foreign Affairs Minister John Baird says it would be meaningless if the United Nations General Assembly recognized Palestinian statehood this fall.

Baird is dismissing the Palestinian campaign to win recognition at the UN in a September vote as a public-relations move.

"We think it's distinctly unhelpful to seek a public-relations declaration within the UN General Assembly. Obviously, it would be without any meaning," Baird said yesterday.

Baird noted that only a vote of the Security Council would finalize the matter. "We believe that statehood should be the product of a negotiated permanent peace with security for both the Palestinian and Israeli people."

Boycott

Baird also confirmed Canada is boycotting the UN Conference on Disarmament because North Korea has assumed the rotating chairmanship.

"It's absurd, and it's a blow to meaningful efforts at worldwide disarmament," said Baird.

He said he'd be thrilled to welcome a new Palestinian state, but only after peaceful negotiations with Israel. Baird also affirmed the Harper government's unwavering support for the Jewish state, which has sparked criticism in the past.

THE CANADIAN PRESS

Bosnia. Srebrenica

A woman touches the coffin of her relative yesterday among the more than 600 displayed at the Potocari memorial cemetery near Srebrenica, Bosnia and Herzegovina.

ASSOCIATED PRESS/MARKO DROBNJAKOVIC

Massacre remembered as victims reburied

Hundreds of victims of the Srebrenica massacre were reburied yesterday as more than 40,000 mourners looked on — solemnly paying their respects on the 16th anniversary of the worst crime in Europe since the Nazi era. After a ceremony and collective prayer at the memorial centre in the eastern Bosnian town that already contains more than 4,500 graves, survivors and volunteers hoisted 613 coffins wrapped in green cloth to the air and carried them to a field of freshly dug graves.

News in brief

Stun gun found on U.S. plane

SECURITY. Authorities are trying to determine how a stun gun got aboard a JetBlue plane that landed at New Jersey's Newark Liberty International Airport.

A cleaning crew was working around 10:20 p.m. Friday after the flight arrived from Boston and found the stun gun tucked into the back of a seat. Newark FBI spokesman Bryan Travers says there's no indication that an attack was imminent. He says the investigation is focusing mostly on how the stun gun ended up on the flight.

THE ASSOCIATED PRESS

STD resists all antibiotics

HEALTH. Scientists have discovered a strain of gonorrhea that is resistant to all currently available antibiotics.

The international research team says the superbug strain, dubbed H041, is likely to transform a once-easily-treatable sexually transmitted disease into a global public health threat. Swedish researcher Dr. Magnus Unemo says the discovery is alarming but also predictable because gonorrhea has shown a remarkable capacity to develop resistance to drugs.

Unemo announced the discovery yesterday at a conference in Quebec City. THE CANADIAN PRESS

Transit union wants apology

COMPLAINT. Toronto's transit union is denying reports that a worker urinated on the wall of a subway station in full view of passengers.

The chairwoman of the Toronto Transit Commission issued a public apology after a rider complained. But Bob Kinnear, who heads Local 113 of the Amalgamated Transit Union, says the report is "a total fabrication."

He says the worker was just using his cellphone to check on a work assignment and this was verified by an internal investigation.

THE CANADIAN PRESS

New York prepares for same-sex marriages, adoptions

First comes love, then comes marriage. Now adoption lawyers and agencies in New York say they're getting ready for a baby boom as same-sex couples emboldened by the state's new gay marriage law take the next step and try to adopt children.

New York will allow same-sex marriages beginning July 24, becoming the most populous U.S. state to legalize such weddings. Thousands of couples are expected to tie the knot.

The state already permits unmarried couples, both gay and straight, to adopt children. But a wedding ring is an important milestone in a relationship — and can also bolster a couple's case as they try to impress social workers, adoption agencies and birth mothers during the often competitive adoption process, couples and adoption experts say. THE ASSOCIATED PRESS

Caron Whitlaw-Hiebert Testimonial
Ten years ago I gave birth to my son at 365 lbs. Until 2009, I weighed usually between 330-345. I hated stairs and exercised very little.
In the fall of September 2009, I had a horrible flu. I told my son I wanted a membership at Shapes Fitness Centres for Christmas. After receiving a 3 month membership for Christmas, I started coming to the gym, mostly walking on the treadmill and using the exercise bike.
I had lost 50lbs by March. In April, I found out I had to have major surgery in August and had to take getting healthy and into shape to the highest level. I rejoined Shapes, and asked for Jodi to be my personal trainer. She worked with me 2 - 3 times a week, until my surgery. By August, I had lost 100 lbs!
Eight weeks after surgery, I began working out at my past intensity with weights, treadmill, bike & added classes - still with Jodi, two times a week. I am now down 140 lbs!
I currently exercise at Shapes 2 hours, 5 times a week and feel FANTASTIC!
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Independent Internet providers slowing traffic, hearing told

CRTC reviewing implications of phone, cable giants charging independent web providers for use of networks

Independent Internet providers are significant contributors to network congestion and the price they pay to large companies should reflect their usage, BCE Inc. told a regulatory hearing yesterday.

Mirko Bibic, a senior vice-president for BCE Inc., said wholesale independent service providers make up 17 per cent of users in Ontario and Quebec and drive 29 per cent of total traffic on Bell's network in those provinces.

"This is significant," Bibic told the Canadian Radio-television and Telecommunications Commission.

"No single user or wholesale customer is the cause of congestion. But clearly, wholesale users contribute a disproportionate share of total traffic and, by extension, congestion," Bibic said.

The CRTC is reviewing how BCE's Bell Canada and other large network providers charge independent Internet providers for the use of their networks.

The federal regulator launched the review after a social media campaign against a previous CRTC decision, which would have forced independent ISPs to charge their retail customers for usage above a ceiling — as large providers do. THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold
– 191.95 (13,179.75)	– 0.89¢ (103.20¢ US)	– $1.05 US ($95.15 US)	$4.20 (- 0.2¢)	$1,549.20 (+ $7.60)

Solar power. Nissan

▶ Nissan is testing a super-green way to recharge its Leaf electric vehicle using solar power, part of a broader drive to improve electricity-storage systems. In the new charging system, electricity is generated through 488 solar cells installed on roof of the Nissan headquarters building.

KOJI SASAHARA/THE ASSOCIATED PRESS

Recharge at little cost to the world

For Nissan's solar-powered recharging plan to work, four batteries from the Leaf electric vehicle were placed in a box and kept in a cellar-like area of the Nissan building to store the electricity generated from the solar cells. This created enough to fully charge 1,800 Leaf vehicles a year.

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HOT FLINGS EVENTUALLY COOL OFF

SHE SAYS ...

JESSICA NAPIER
METRO

There is just something about the heat that wreaks havoc on our hormones. Long, temperate nights and a general lack of clothing can cause perfectly logical individuals to develop an instantaneous infatuation with one another. And, thus, a summer romance is born.

Adorable new couples become high on the potential of what could be without one rational thought towards what will happen come fall. Life becomes a movie montage of adorable date activities: Tandem bicycling in the park, picnics on the beach, sunset walks, fireworks under the stars.

But all of this fun-in-the-sun frolicking can't last forever. Don't kid yourself; your love is not a Nicholas Sparks novel.

The summer romance, like its cousin, the vacation romance, has a built-in expiry date. Like a pair of white jeans, the relationship is best enjoyed before Labour Day.

"Manage your expectations and proceed with caution. With every foray into summer love comes a bittersweet sensation of wanting it to last forever, but knowing it never will."

Oh sure, you might have convinced yourself this is the real deal, but more often than not that sizzle burns out as soon as the temperature starts to drop. Very few trysts translate into long-term relationships. Once the easy, breezy days of summer are over, integrating each other into your real (read: Not so carefree) lives can be problematic. Just look at what Sandy and Danny went through when they brought their summer lovin' back to school in Grease.

A fling, by its very nature, means you will be flung to the curb at some point. One minute you're handholding in matching khakis like a smug J. Crew catalogue couple and the next, you're packing up your summer wardrobe and wondering why you ever thought it could last.

Ultimately, it's best to keep these sun-soaked romances as casual as the beachwear in which they began. Manage your expectations and proceed with caution. With every foray into summer love comes a bittersweet sensation of wanting it to last forever, but knowing it never will.

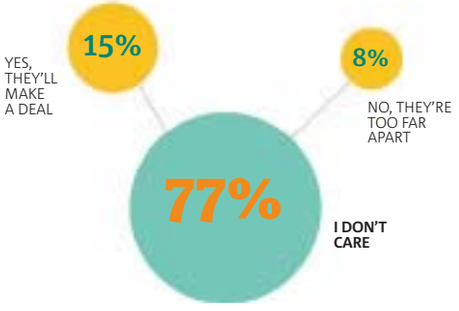
When September arrives and reality is restored, you're sure to feel a little melancholy over the demise of your doomed-from-the-start romance. In the days following those tearful goodbyes it's important to remind yourself that you aren't really mourning the loss of some great love, but the feeling of endless summer and the possibility of what could have been.

And as your tan lines start to fade, so will your heartbreak. You will come to realize that the beauty of summer romances is that they are fleeting; as short and sweet as the season itself.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metropolitanpanel.ca and take the quick poll

Do you think there will be an NBA season this year?



Local tweets

- **@Paper-Fifrildi:** Winnipeg Folk Fest — Great exposure this weekend to wonderful music, good people, excellent networking, amazing environment, profitable too!
- **@the_hab:** Fringe starts this Wed. Great times in the Exchange. #hats #winnipeg #fashion
- **@janehirose:** What's wrong with winnipeg? We wait ALL winter for the hot summer weather and as soon as it's here, we crank up the AC!!!
- **@ItsJustBrenton:** Driving in #winnipeg I pass a homeless man blasting the "everyday I'm shuffling" song. He busts a move the whole time I'm there! #awesome
- **@winnipegmac:** Good people at Peak of the Market ie Larry Macintosh! Always helping out charities! like them on FB = 10lbs veggies to food bank! #Winnipeg
- **@Roksolid204:** Dear city of Winnipeg, please explain why you've removed the bus shelter in front of the the urban bakery.
- **@TransconaCougar:** Has anyone else in #Winnipeg spotted me over the past 2 days? I'm still on the prowl!

Worth mentioning

MADRID, Spain. Doctors in Spain have carried out the world's first double leg transplant, giving new lower limbs to a patient who lost both legs at mid-thigh in an accident, officials said yesterday.

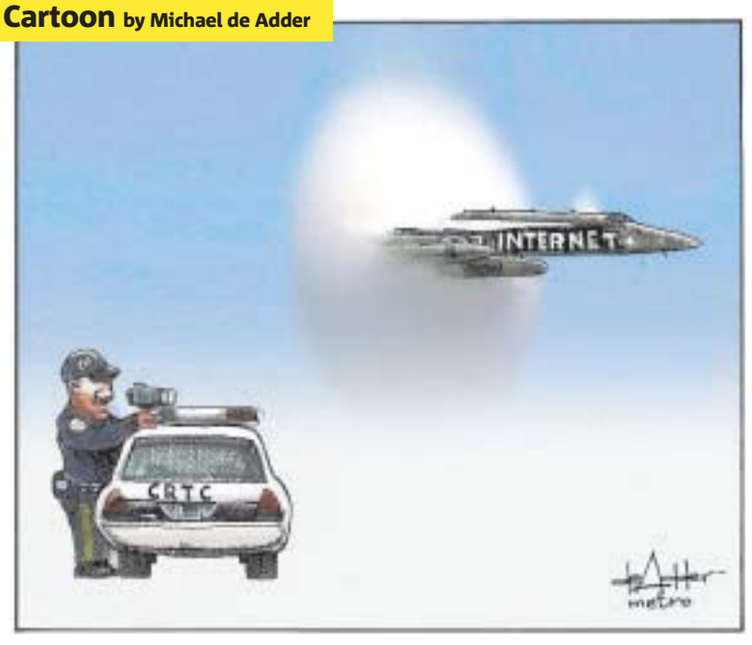
The Valencia regional government said the surgical team was led by Dr. Pedro Cavadas, who, in 2009, carried out Spain's first face transplant — the first anywhere to include a new tongue and jaw.

The government statement said the operation at La Fe Hospital in Valencia was extremely complex and Cavadas will wait at least 48 hours to release more information.

"Today we can say a landmark has been reached," said Dr. Rafael Matesanz, director of the National Transplant Organization. Another official at the organization, speaking on condition of anonymity, would not give details as to how the patient is doing, other than to say if the limbs are rejected this will happen more or less immediately. He added it will be a month or so before doctors know how successful the surgery has been.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Stork was lucky to get off the ground

A Texas mom expected a big baby, but nothing like this: 16 pounds, 1 ounce (7.3 kilograms).

Janet Johnson remained in an East Texas hospital yesterday after giving birth to what her doctors called one of the biggest newborns they have ever seen. She was awaiting word from the state to see whether her son, JaMichael Brown, ranked among the biggest births in Texas history.

JaMichael was born Friday at Good Shepherd Medical Center in Longview, Texas. Johnson has gestational diabetes, which results in bigger newborns for many mothers. Yet doctors had estimated JaMichael would be around 12 pounds (5.5 kilograms) prior to the caesarean birth.

Johnson hopes to take JaMichael home this week — and return his newborn clothes that won't fit. THE ASSOCIATED PRESS

metro
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2 scene

Pooh's chance to shine

Veteran Disney animator, Burny Mattinson, shares his adventures with the infamous Walt Disney ● New Winnie the Pooh flick brings Mattinson's old toy to life on the big screen

RICHARD CROUSE
SCENE@METRONEWS.CA

For most people, Walt Disney is a brand name, or a flickering black-and-white image best remembered for hosting the Disneyland series throughout the 1960s. But for animator Burny Mattinson he was a real living, breathing person.

▶ Burny Mattinson

"I first met him as a traffic boy when I first came to the studio," said Mattinson, a Disney employee since 1953. "I was in the elevator and he stepped in. I said, 'Good morning Mr. Disney.' He looked at me with a cocked eyebrow and said, 'It's Walt, son.' That was my first adventure with him."

Mattinson had many adventures in the studio, including working on Aladdin, Beauty & the Beast and the original Winnie the Pooh shorts in 1964 and '74. Those shorts were wildly popular, but were originally planned as a feature film. Mattinson remembers watching the rough cut of the film with Disney.

"He came out afterwards and said, 'You know, I think we should cut our losses. I don't think audiences are going to like this kind of humour. It's too mild. Let's put it out as a featurette.' So we cut it to twenty minutes and lost a lot of footage. We put it out as Winnie the Pooh and the Honey Tree and it did very well, and Walt said, 'Well we have the rest of this footage, let's put it out as A Blustery Day. Which we did and it won an Academy Award the following year."

HANDOUT

▶ Pooh Bear and his friends will make a come back to the big screen with the feature film the Hundred Acre Woods

Recently Mattinson's career came full circle when he was approached to help relaunch the Pooh Bear and his friends from the Hundred Acre Woods. The result is Winnie the Pooh, a movie Mattinson says, "is kind of like visiting an old friendly family you've grown up with."

He has another family connection to the film. The movie's opening moments feature a Winnie the Pooh stuffed doll his wife made in 1964.

"My kids played with it," he says, "and their kids played with it. It's kind of raggedy; it's gotten a lot of patina of age on it but then when the bosses said they were going to shoot a new live action opening I brought it in and showed it to them and they said, 'Yes! That's it.' It's finally gotten its chance."

Sheryl Crow

Sheryl Crow is being criticized by a U.S. animal rights group for planning to donate some proceeds from her July 22 concert at a Wyoming rodeo to a wild-horse protection group that's suing the government to halt a big mustang roundup in Nevada. But Illinois-based Showing Animals Respect and Kindness is calling on the Colorado-based Cloud Foundation to reject the donation accusing Crow of hypocrisy for performing at Cheyenne Frontier Days where it claims wild horses are abused.
THE ASSOCIATED PRESS

France inducts U.S. entertainer Liza Minnelli into the elite Legion of Honour Society

DVD Releases

Buy it ●●●●● | **Rent it** ●●●●½ | **Borrow it** ●●● | **Yawn** ●● | **Don't bother** ●

The Lincoln Lawyer

Genre: Thriller
Director: Brad Furman
Stars: Matthew McConaughey, Ryan Phillippe, William H. Macy
●●●

In The Lincoln Lawyer, Matthew McConaughey is bottom-feeding attorney Mick Haller, who tools around L.A. in a chauffered Lincoln that bears the license plate NTGUILTY. Haller trades his courtroom skills for fast cash, whether his clients are bikers or bankers. When Haller hears Beverly Hills playboy Louis Roulet (Ryan Phillippe) is accused of attempted murder, he senses a fast windfall. After some sleuthing, aided by sidekick, Frank, (William H. Macy), disturbing evidence turns up. Pride and the law require Haller to give Roulet the best defence he can, even if he must hold his nose to do so.
● PETER HOWELL

Insidious

Genre: Horror
Director: James Wan
Stars: Patrick Wilson, Rose Byrne, Ty Simpkins, Lin Shaye
●●½

Patrick Wilson and Rose Byrne are Josh and Renai, parents and new home owners. They've barely moved in when poltergeist tricks leave no boo unbidden. Their 10-year-old son, Dalton, (Ty Simpkins) falls into a coma when nothing is wrong with him. When they move, the spooks follows. Time to call the exorcist! Lin Shaye shows up and announces: "It's not the house that's haunted, it's your son!" All in all, Insidious is a serviceable shocker. ● PETER HOWELL

18" Portable Dishwasher
Sale Price $399.99
This Danby Designer 8 place setting dishwasher is a convenient and efficient addition to any home. At 18" wide this model takes up minimum space and the built-in castors allow it to be easily moved. Energy star rated and boasting a low-water consumption feature, this model is eco-friendly. Suitable for not only condos and apartment this model even offers a built in soft water system for remote cottage locations.
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1725 ELLICE AVE. 783-1727

Celebrity tweets

@RedHourBen
Just saw the most incredible concert by Eddie Vedder. What an amazing energy and talent. I predict a future in the music industry for him.

@alyankovic
Great news! Just found out my new album is so popular that I'll DEFINITELY be a trending topic on Twitter when I die. #cantwait

@SarahKSilverman
Cuba Gooding Jr & Matt Damon have the same smile. I've always thought this. Since I was a little girl.

@joan_rivers
I'm bringing my grandson to London to meet Pippa Middleton! Screw the 18-year age gap. They're both single, and he's a very mature 10.

It's a boy! Kate welcomes new addition to family

GETTY IMAGES

▶ Kate Hudson

Hudson and fiancé blessed with 'healthy' baby

Kate Hudson is a mother for the second time, having given birth to a "healthy baby boy" over the weekend, according to Us Weekly.

Hudson also has a seven-year-old son, Ryder, with ex-husband Chris Robinson.

Hudson claimed she and fiancé Matt Bellamy didn't know the sex of the baby before it was born, though in April Hudson had told Entertainment Tonight she'd used a "pendulum test" to predict that the baby would be a girl.

METRO

Celebrity Rehab set for indefinite hiatus?

GETTY IMAGES

▶ Dr. Drew Pinsky

While the sixth season of Celebrity Rehab is currently airing on VH1, it won't be for much longer as the reality series is reportedly going on indefinite hiatus, according to Radar Online.

"The decision was made to put the show on hiatus because Dr. Drew Pinsky is just too busy to continue to do the show," a source says. "The amount of time Dr. Drew has to commit to treating celebrities on the show is a tremendous amount of time." The current cast includes Michael Lohan, Amy Fisher and Bai Ling.

Pinsky's show had drawn an abundance of criticism recently in the wake of former cast member Jeff Conaway's death in May.

METRO

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J.Lo to return to Idol: Report

Jennifer Lopez

Jennifer Lopez is reportedly returning for the next season of American Idol, despite recent speculation that the pop singer and the singing competition would part ways after one outing, according to E! Online.

Lopez herself had admitted to being "on the fence" about signing up for another season, saying in a radio interview, "I had an amazing time doing it and I loved it, but I have a lot of other things happening and it's going to come down to me making a decision of what I want to do for the next year."

She joins fellow judges Steven Tyler and Randy Jackson, who have already renewed for the show's 11th season.

METRO

GETTY IMAGES

▶ Kate Moss

Moss cleaning up, hoping for pregnancy: Source

After marrying rocker Jamie Hince earlier this month, Kate Moss is reportedly cleaning up her act in an effort to get pregnant again, according to Hollyscoop.

Moss and Hince are currently celebrating their honeymoon in the Mediterranean on a $15.9-million yacht on loan from Topshop owner Sir Philip Green.

"Kate peaked at her wedding with alcohol, cigarettes and bacon butties, but Jamie wants her to become healthier as they try for a child," a source says.

"Kate's gone to the Med equipped with wheatgrass, barley grass and fish oils, with a view to getting pregnant when she comes home."

The supermodel already has one daughter, Lila Grace, with former partner Jefferson Hack.

METRO

3 life

ISTOCK PHOTOS

▶ Not everybody is able to kick back and relax during the summer months.

Dealing with those stressful summers

Those middle months are full of change and not everybody knows how to understand the pressures Metro speaks with an expert to get tips on how to deal with instability in life

CELIA MILNE
LIFE@METRONEWS.CA

Not everyone loves the lazy days of summer.

Early July is a time for change: School is over, holidays are upon us, routines are disrupted. Some people have difficulty dealing with the loss of structured time that keeps them feeling safe throughout the year.

Learning how to deal with change is all about having a strong self-image, says Dr. Albert de Goias, a Toronto-based counselor on mood and behavioural disorders. He has recently launched a website dedicated to understanding and dealing with change (go to understandingchange.org).

"Build a powerful and stable sense of self so that you can approach stress, disruption, or even stagnancy with a sense of creativity, purpose, and self-respect," he says.

If you define yourself by your money, possessions, clothes, appearance or status, chances are, you won't be strong when any of these things are taken away, he believes.

When change occurs or boredom sets in, some people deal with it by dwelling on problems, feeling victimized, becoming overwhelmed and turning to alcohol and drugs.

"Emotional angst is part of life," says de Goias. "It does not have to proceed to depression and addiction if we realize that it comes whenever we have a situation we feel is beyond us or when we feel lost. It can be 'blocked at the pass' simply by knowing how to see our stresses as stimulants to personal growth."

His advice?

"Be a tourist in your own town," he says.

"Do cultural things, explore life with the curiosity of a child. Understand change as the energy that drives life, and realize there is no such thing as stability."

Tips

Resilient people are better able to deal with change and disruption than non-resilient people. Here are some tips adapted from the Mayo Clinic on becoming more resilient:

- **Get connected:** Build supportive relationships with family and friends
- **Find meaning in your life:** Develop a sense of purpose beyond appearances

Beauty pick

Chantecaille's Ultra Sun Protection SPF 50

With a formula containing the anti glycation agent carnosine, this cream helps prevent unnecessary wrinkles. The extracts have anti-inflammatory agents and the oil free texture means there's no chance of a grubby, shiny face.

METRO

CHANTECAILLE

chantecaille.com

Arthritis not limited to the elderly and strikes one in every 1,000 children

More than cheese & gravy

Smoke's Poutinerie offers a large selection of toppings for the Quebec classic

PAY CHEN

▶ Bacon Cheeseburger and Chicken Peppercorn poutines.

LUNCH RUSH

PAY CHEN
FOOD@METRONEWS.CA

Many will say it is well worth the wait. The weeks of delays and then the long lines is worth it for poutine. Hot, glorious poutine.

Smoke's Poutinerie has arrived and lovers of the Quebec classic have patiently waited 90 minutes or more for their fix.

Bracing myself for a long lineup, I was happy to wait a mere 15 minutes to get the Bacon Cheeseburger poutine ($7.99/$9.99) topped with a fair amount of ground beef, double-smoked bacon and a drizzle of cheese sauce.

The Chicken Peppercorn ($6.99/$8.99) with sautéed mushrooms was less exciting with some of the chicken being mistaken for a cheese curd on my fork.

Where's the cheese? There's not a lot of it.

There are a few tables inside but do as most customers do and take your poutine outdoors to enjoy.

The large selection of toppings make Smoke's Poutinerie a fun place to visit with something for everyone.

Smoke's Poutinerie
131 Albert St.
253-2873
smokespoutinerie.com
Reservations: No
Licensed: No
Social lunch: Yes
Price range: $3.99 - $9.99
Rating: 3 out of 5

THE CANADIAN PRESS H/O

Strawberry Shake

Whirl some wonderful local strawberries with ice cream for a great shake.

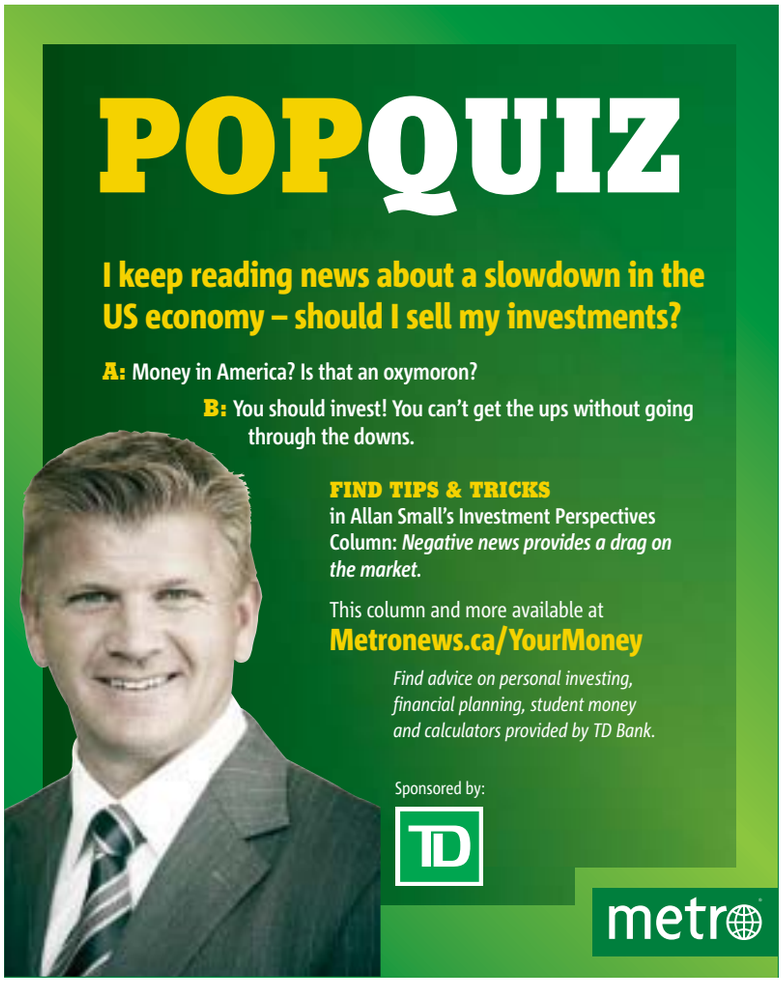
If you have a blender, throw the berries in with some milk and ice cream and you have a splendid hot day drink that will give you a boost of energy.

Preparation:

1. Place all ingredients into blender container. Process until smooth. Pour into tall glasses and serve. **THE CANADIAN PRESS/ OSTER**

Ingredients:

- 250 ml (1 cup) milk
- 500 ml (2 cups) strawberry ice cream
- 250 ml (1 cup) ripe strawberries with stems removed


POPQUIZ
I keep reading news about a slowdown in the US economy – should I sell my investments?
A: Money in America? Is that an oxymoron?
B: You should invest! You can't get the ups without going through the downs.
FIND TIPS & TRICKS
in Allan Small's Investment Perspectives Column: Negative news provides a drag on the market.
This column and more available at
Metronews.ca/YourMoney
Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.
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FIDO DOESN'T NEED COSTUMES

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Is Fido busting your budget? The costs of pet ownership can add up; veterinary bills, food, toys and other paraphernalia. Stop buying tutus for your feline and focus on providing for your pet's needs while saving money.

When it comes to food, consult your vet on what's most nourishing and frugal. Trendy expensive food doesn't always translate into nutrition, so research a variety of brands and compare prices. You can save a bundle by buying in bulk and using manufacturer, store or online group coupons. If you belong to a loyalty program at your local grocery store, cash in your points for pet food.

Avoid expensive grooming by washing your own pet, brushing its teeth and hair and cleaning its ears. Special shampoos, nail clippers, tooth and hair brushes can be purchased at any pet store. When you take your animal in for a haircut, trim it short.

Proactively manage your animal's health-care costs by not postponing regular visits to the vet. Regular checkups and appropriate shots will help keep your pet healthy and prevent serious illness. One of the best ways to reduce health-care costs is to ensure your pet receives ample exercise.

Spend wisely and enjoy the inexpensive love and fulfillment pet ownership can bring.

Top 5 home spa ideas

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Wrap me in seaweed, scour me head to food, slap hot rocks on my back and I am in heaven.

If you haven't guessed, I'm a spa devotee. Happily, I have an esthetician in the family so I get to wallow in mud at a discounted price.

For those not so lucky and eager to save a few bucks, my daughter Claudia, the esthetician, offers some inexpensive but effective at-home treatments.

Here are her top five home spa ideas:

Bath Soak: Combine two tablespoons of Epsom salts with 10 drops of a favourite essential oil — lavender relaxes you, peppermint and eucalyptus are uplifting and help with sinus clearing, geranium is a mood balancer.

Lip Treatment: Using a soft toothbrush, gently scrub lips in a circular motion for one to two minutes — I did it for one, which was plenty. Apply organic honey and leave on as long as possible.

(I advise lying down for this one or the honey dribbles down your chin an onto your shirt — keep fingers handy for mopping and licking.)

Body Scrub: Use three to four tablespoons of brown sugar depending on amount of coverage needed.

Mix in olive oil but don't let it get runny. Add two to three drops of vanilla to scent. Scrub away and shower off.

ISTOCK

▶ Money too tight for a spa day? Get a great home experience with a few expert tips.

Deep conditioning for hair: Take a small jar or a cup of mayonnaise and half a ripe avocado. Mash the avocado in a bowl and mix in mayo thoroughly. Rub into hair. Put on a shower cap and let sit 20 minutes. Rinse.

This is great to do while you are soaking in the bath. Rinse your hair in the tub water and you'll really gross out your kids.

Face Mask: This is good for exfoliating and unclogging pores. Mix oatmeal and water together until a paste forms. Apply to your face and leave on until dry. Scrub off over the sink and rinse.

Easy. Cheap. And, I have to admit, kind of fun.

CONFIDENCE: GET READY TO ACE THAT JOB INTERVIEW

CHARLES THE BUTLER

ASKCHARLESTHEBUTLER@METRONEWS.CA

FOR MORE, VISIT CHARLESMACPHERSON.COM

Dear Charles:
I am about to embark on the most important interview of my business career and was wondering if you could provide some helpful tips for a successful interview.
Shaking In My Boots

Dear Shaking In My Boots:

Congratulations on your upcoming interview! What a great opportunity. While each interview is always different — corporate culture and individual interview style play a big part — below are some tools I have used successfully.

1. Have a professional-looking resumé and bring multiple copies with you. You may be asked to meet with several people or in front of a group of people. If this is the case, present each person at the table with a copy of your resumé.

2. Be ready to listen. Often, when we get nervous, we don't pay attention to what others are saying.

Always focus on the person speaking, listen carefully and let them complete their question or statement. Only then should you respond.

3. When answering questions make sure to give examples.

Never answer a question like "Tell me about your keyboarding skills?" by simply saying, "They're great."

Instead, demonstrate your skill level with good examples — "I can type 100 words a minute — with no errors. In fact, I used to prepare the management team's weekly reports. They included confidential subject matter that was for management's eyes only."

4. Dress appropriately. To do so, know the culture of the company you are interviewing for. If you are going to an interview at a conservative mutual fund company, dress in a suit and tie.

If you are interviewing for a hip and cool guerrilla-marketing firm, dress in a professional manner that is consistent with the culture of the firm.

Remember, if you dress correctly you will feel comfortable and feeling comfortable will help you to interview successfully!

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

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What's happening at a school near you

From enriching lives with science to cutting-edge research on MS, there's plenty going on in Winnipeg

KELLY PUTTER
FOR METRO

ISTOCKPHOTO/THINKSTOCK

Basketball bounces for kids this summer at University of Winnipeg

The University of Winnipeg is the best place to get your basketball game on this summer as it plays host to the Summer in the City Basketball League every Saturday until August 20, from noon to 3 p.m.

This free basketball camp is sponsored by the Inner City Junior Wesmen program and it welcomes boys and girls of all ages.

UWinnipeg Wesmen all-star guard Erfan Nasajpour, who is now playing professionally in the Iranian Basketball Super League, will be joining in the fun. Every Saturday, he, along with current Wesmen players, will coach and mentor players.

"Leagues like Summer in the City are key to developing meaningful programs for inner-city kids," said Bob Axworthy, Inner-City Junior Wesmen coach and tournament organizer. "We invite everyone to come out, have some fun and support a worthwhile program."

The action gets underway inside the Duckworth Centre on Spence Street.

University of Manitoba research team receives grant to study MS

One of the world's leading pharmaceutical companies has awarded a major research grant of $228,000 to a University of Manitoba research team.

Pfizer Canada Inc.'s global research division is funding the study of the neurological disabilities and sensory abnormalities that are hallmarks of multiple sclerosis.

Associate professor Michael Namaka and professional associate Emma Frost, both of the university's cellular neuroscience research team, will head the research. Factors being studied over the next 18 months will include how a substance called fatty acid amide hydrolase influences the development of MS-like symptoms in mice and rats.

"We are very excited about this new study with Pfizer and thank them for their support," says Namaka, whose past research has focused on MS and pain. "Our team is ready for the challenge and we expect it will lead to important new information toward our understanding of how this devastating disease works."

The university's cellular neuroscience research team was formed in 2009 and since then has published 11 peer-reviewed articles and three textbook chapters for pharmacy and medical students. Doctors Namaka and Frost have been invited to present their research at several international conferences around the world. Recently, Namaka joined the Faculty of Pharmacy undergraduate students to raise more than $25,000 for the MS Society of Manitoba.

Enriching children's lives through science at University of Manitoba

Hundreds of youth evacuated from their homes because of recent floods were the focus of a University of Manitoba outreach program that aims to encourage an interest in science and engineering.

Over the course of two days, youth from Peguis First Nation, Fairford First Nation and St. Martin will dissect starfish, build coral reef dioramas and estimate sea life populations in their quest to learn microbiology.

WISE Kid-Netic Energy is a University of Manitoba science and engineering outreach program that inspires youth through dynamic, interactive, hands-on programming.

The science day camp ran two days in late June.

How to stand out on a corporate tour

CHELSEA NEWTON
TALENTEGG.CA

University and college career centres are trying to engage students and help prepare them for careers after school.

One new activity I've seen is career centres organizing corporate tours to build relationships with relevant companies.

A short office tour and information session is organized where students can talk to management and new hires to understand what a career at each company would look like.

Knowing what to wear is always a challenge for students, so here are some tips if you are unsure: I would recommend students wear business formal if it's a professional setting, while business casual is more appropriate for marketing-oriented companies. Never jeans though! If you aren't sure, always take the more formal approach.

Corporate tours usually incorporate many different companies in one day. I don't expect every single student to have heard of my company, but I would like you to respect our time in hosting you, just as we are respecting yours by having a presentation and great speakers prepared.

Any time you are engaging with a potential employer, have your ducks in a row. Do your research. Visit the company website. Seek them out on Facebook and LinkedIn. Understand the basic values of the company and know why you might want to work for them.

Always bring a resumé and ask if the employer has an online application system you can also use to apply on. Ensure you leave something behind that keeps you top of mind.

Remember, just because an interaction isn't a job interview doesn't mean it can't get you a job. First impressions count.

– Chelsea Newton is the Director of Talent Acquisition at Mosaic Sales Solutions. Her expertise is in hiring young adults.

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For details contact Sharon Rendle
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or *rendles@algonquincollege.com*
or visit ***www.algonquincollege.com/FTonline***

Algonquin College is one of Ontario's largest public colleges, located in Ottawa.

www.algonquincollege.com/FTonline

4 sports

Quoted

"I'm an immigrant. I definitely would never agree with any treating of immigrants bad — the wrong way."

BOSTON RED SOX SLUGGER DAVID ORTIZ, A NATIVE OF THE DOMINICAN REPUBLIC, ON ARIZONA IMMIGRATION LAW BEFORE THE MLB HOME RUN DERBY LAST NIGHT. THE REV. JESSE JACKSON IS URGING BASEBALL'S STARS TO SPEAK OUT AGAINST THE LAW KNOWN AS SB 1070 AT ALL-STAR GAME FESTIVITIES IN PHOENIX.

Scan code for more sports.

Jury might not hear from Clemens

Former pitching star's defence continues to sift through jury pool

The lawyer for Roger Clemens gave his strongest hint yet that the former baseball star may not testify in his trial on charges of lying to Congress about using performance-enhancing drugs as he pressed potential jurors not to hold Clemens' silence against him.

Several members of the jury pool under selection in Washington federal court said they would weigh evidence from both sides before deciding on a verdict. The judge and Clemens' lawyer had to repeatedly explain the legal principle of innocent until proven guilty and that prosecutors alone bear the burden of proving his guilt.

"Maybe you won't get both sides," Hardin told a government consultant who indicated she wanted to hear Clemens prove his innocence. She eventually said she understood she must start off by assuming he's innocent until the government persuades her otherwise.

"Would you require him to testify to find him not guilty?" Hardin asked another panelist.

"I would like to hear from both sides," she responded.

"That's the point. Most people would," Hardin said, and then explained she can't hold it against him.

"You mean you aren't going to say anything at all?" she asked.

"We may, we may not," he said. Under coaching from Hardin, she eventually said she would find him not guilty if she had a reasonable doubt even without hearing from him.

Clemens watched without speaking during three days of intense questioning of 50 potential jurors that qualified 35 people for potential service.

Clemens is charged with six felonies for telling Congress under oath that he never used performance-enhancing drugs. He stands by the denial, but prosecutors say they can prove that is a lie.

THE ASSOCIATED PRESS

Jury selection

U.S. District Judge Reggie Walton plans to have prosecutors and defence lawyers exercise their preemptory, or unexplained, challenges today to narrow those qualified to a panel of 12 jurors and up to four alternates and then have opening arguments tomorrow.

Derby. Champion

▶ Robinson Cano of the Yankees reacts after hitting a home run last night.

MATT YORK/THE ASSOCIATED PRESS

Cano bests rival Gonzalez in derby

New York's Robinson Cano outslugged Boston's Adrian Gonzalez to win last night's all-star game's home run derby, which turned into a Yankees-Red Sox showdown. Batting last, Cano defeated Gonzalez 12-11 in the finals last night after they each hit 20 home runs through two rounds. Toronto Blue Jays slugger Jose Bautista was eliminated in the first-round with just four home runs.

Canadian Hesjedal still alive amidst tour mayhem

Canadian Ryder Hesjedal is nursing sore ribs and a bruised back and neck. But he's grateful he's made it through the first nine stages of the Tour de France.

"I'm just happy to still be in the race and still be in one piece," he told The Canadian Press during yesterday's rest day. "I just feel for the guys that have gone home with broken bones. It's not fun."

This year's Tour has been a wild ride with competitors clipped by motorcycles, cars, spectators and guardrails. Rain and mass crashes have added to the mayhem.

"That's the harsh reality of this sport," Hesjedal said. "We don't have that luxury of a rink or a court or a field where it's pretty controlled and you know what you're getting."

Hesjedal has been involved in several crashes himself. The 30-year-old from Victoria went down hard Friday during Stage 7, dropping him from 30th overall to 48th as he lost three minutes six seconds on the leader.

He currently stands 43rd, 9:33 back of leader Thomas Voeckler.

THE CANADIAN PRESS

Sports in brief

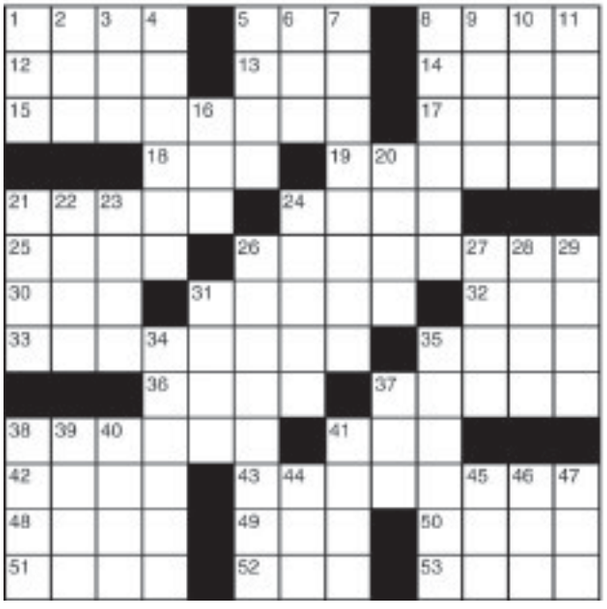
Russian fails doping test

TOUR DE FRANCE. Russian cyclist Alexandr Kolobnev became the first cyclist at this year's Tour de France to fail a doping test, the International Cycling Union said yesterday. The UCI said a urine sample collected from Kolobnev last Wednesday tested positive for a substance called Hydrochlorothiazide — a diuretic that can be used as a masking agent to hide the presence of other drugs. THE ASSOCIATED PRESS

Raonic's drop continues after injury

TENNIS. Milos Raonic has dropped to No. 27 in the latest ATP rankings. The 20-year-old from Thornhill, Ont., was ranked 25th before suffering an injury in the second round at Wimbledon. THE CANADIAN PRESS

Crossword



Across

1 Food list
5 Lummox
8 Glitz partner
12 Shakespeare's river
13 Under the weather
14 Relaxation
15 Corsage flower
17 Karaoke need
18 Tattooist's supply
19 Need for water
21 Released
24 100 (Sp.)
25 Statutes
26 Jon Arbuckle's cat
30 Noshed
31 Fortuneteller's deck
32 Extinct bird
33 Military post
35 Shade of color
36 Not 13-Across
37 Garbage vessel
38 Jungle expedition
41 Intend
42 Tiger Woods' ex
43 Chickpea
48 McNally partner
49 That guy
50 Bank transaction
51 Vicinity
52 Attempt
53 Advantage

Down

1 Periodical, for short
2 Actress Longoria
3 Neither mate
4 Intimate apparel
5 Pig's call
6 "The Greatest"
7 Pressing need?
8 Zodiac twins
9 Den
10 Requests
11 Encounter
16 Conclusion
20 Weight
21 Old Glory, e.g.
22 — -tat-tat
23 Basin accessory
24 Yuletide song
26 Old-fashioned illumination
27 Eastern potentate
28 Protracted
29 Appointment
31 Layer
34 Kigali's country
35 Mexican entree
37 Clothes protector
38 Antitoxins
39 Winged
40 OK
41 Host
44 Melody
45 Affirmative action?
46 Sharp turn
47 Inseparable

▶ Yesterday's answer

Sudoku

7				8		6	9	
	3		9	7		2		
					4			
	5	8				1		2
3								9
1		7				4	5	
			5					
		2		9	8		6	
	9	5		4				3

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

To my dearest brother, i would like to thank you for enlightening the last 9 years of my life. Giving, Wonderfull, True as well as Caring is what you've been ever since i first saw you. This is my way of saying happy birthday and best wishes from me to YOU <3 I LOVE YOU
FROM JAMILA

Be the real Prince u are This long dist rel is not easy..we kno we cannot escape, tried many times but tied unbreakable..how mnay times have u heard of such an existance? this is special and very unusual. two special words - trust and faith - is all we can remember. stay intact - not an inch here not there..be the real prince u can be. i am right here :)
FROM YOUR LOV

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min 11° Max 24°	Min 17° Max 27°	Min 18° Max 27°

Jenna Khan, Weather Specialist
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6AM**

BT BREAKFAST TELEVISION

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Mercury, planet of the mind, links to your ruler today, so you won't be short of ideas.

♉ Taurus April 21-May 21 You may have every right to get your own back on a rival but it will lead to more bad feeling.

♊ Gemini May 22-June 21 You may need to bluff your way through a situation.

♋ Cancer June 22-July 22 Take that first small step, then just keep walking.

♌ Leo July 23-Aug.23 If you know what you want you will surely find a way to get it — but do you know what you want?

♍ Virgo Aug. 24- Sept. 22 Fate is clearly pointing you in a particular direction but you want to take a completely different path.

♎ Libra Sept. 23-Oct. 23 A Mars-Mercury link will help you reach out to people you love and trust.

♏ Scorpio Oct. 24-Nov. 22 You will know with the utmost clarity today what needs to be done.

♐ Sagittarius Nov. 23-Dec. 21 What happens today will remind you that the world is full of many different kinds of people.

♑ Capricorn Dec. 22-Jan. 20 You will notice a change in the way you think about certain issues.

♒ Aquarius Jan. 21-Feb. 18 Resist the temptation to be blunt or rude — it will turn people against you.

♓ Pisces Feb. 19-March 20. You don't have to follow the latest fad or fashion but you do have to realize that the world moves on quickly.

SALLY BROMPTON

Caption contest

SHUJI KAJIYAMA/ THE ASSOCIATED PRESS

NIGEL TREBLIN/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Find out
the newest perk
for members of the
My KP Family
program

four on the floor

baby crawl race

ENTRIES CLOSE TOMORROW!

my kp family

Babies, start your engines! Get ready to race on down to Kildonan Place for the **FOUR ON THE FLOOR** Baby Crawl Contest, **SATURDAY, JULY 16TH**, AT NOON IN CENTRE COURT. This will be a fun event for the whole family, so don't forget to bring your camera to capture those photo finishes!

Deadline for entries is July 13TH. The race will be limited to 50 babies. All babies entered in the race will receive a prize and will also be entered into a random draw for a chance to **win $500 in KP gift cards, tickets to the Wiggles' Big Birthday Show (Aug. 4th, RBC Theatre at MTS Centre)** and other prizes from Kids Korner, Momstown Winnipeg, and other KP merchants.

Visit Guest Services for an entry form or go to **www.kildonanplace.com** for an entry form and full contest details.

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ENTER TO WIN A WIGGLES PRIZE PACKAGE, WHICH INCLUDES **4 TICKETS TO THE WIGGLES BIG BIRTHDAY SHOW** AUGUST 4 @ RBC THEATRE AT MTS CENTRE AND **WIGGLES MERCHANDISE.** CLIP-OUT THIS CONTEST BALLOT AND BRING TO CENTRE COURT ON RACE DAY TO ENTER. THE DRAW IS OPEN TO ANYONE IN ATTENDANCE, NOT JUST RACERS.

The Wiggles BIG Birthday!

NAME: _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

☐ **YES, I'D LIKE TO RECEIVE THE KILDONAN PLACE E-NEWSLETTER**